



- Session 1: A Vision of Hope for the Heart
- Session 2: "Nuptial Union": A Call to Deep Intimacy with God
- Session 3: The Body: A Witness to Love
- Session 4: The Body: A Sign of God's Mystery
- Session 5: The Heart: A Battlefield between Love and Lust
- Session 6: The Dimensions of Lust in the Heart
- Session 7: The Law and the Heart
- Session 8: Blessed Are the Pure of Heart
- Session 9: The Ultimate Fulfillment of the Body
- Session 10: Celibacy and Sexuality
- Session 11: The "Great Mystery" of Marriage
- Session 12: Spousal and Redemptive Love
- Session 13: The Language of the Body
- Session 14: Singing the Song of the Body
- Session 15: The Teaching of Humanae Vitae
- Session 16: Outline of Marital Spirituality

## Into the Heart: A Journey Through the Theology of the Body

Building upon *An Introduction to the Theology of the Body*, *Into the Heart* is a 16-part, 8-hour study that will move you deeper into this life-changing message, enabling you to apply and integrate it into every aspect of your life. Here you will be given the tools needed to develop the sacramental worldview that is so crucial to living an authentic human sexuality.

The Theology of the Body provides a "lens" through which to view the whole mystery of human life, thereby leaving no part of our world untouched. In *Into the Heart*, participants are guided on a life-changing journey, as we begin to move the profound teaching from our head to our heart. Take the transforming *Into the Heart* journey and you will discover the "mystical key" that opens the "holy door" to deep intimacy with the Father, Son and Holy Spirit. Along the way, you'll learn what saints and mystics alike have always known: a life of ecstasy and deep union with God is not only possible – it's what you were created for and a lot closer than you think!

The class consists of DVD presentations given by Christopher West and discussions led by an experienced Facilitator. A student workbook filled with notes and discussion questions is provided to each participant.

**Prerequisite:** *An Introduction to the Theology of the Body*